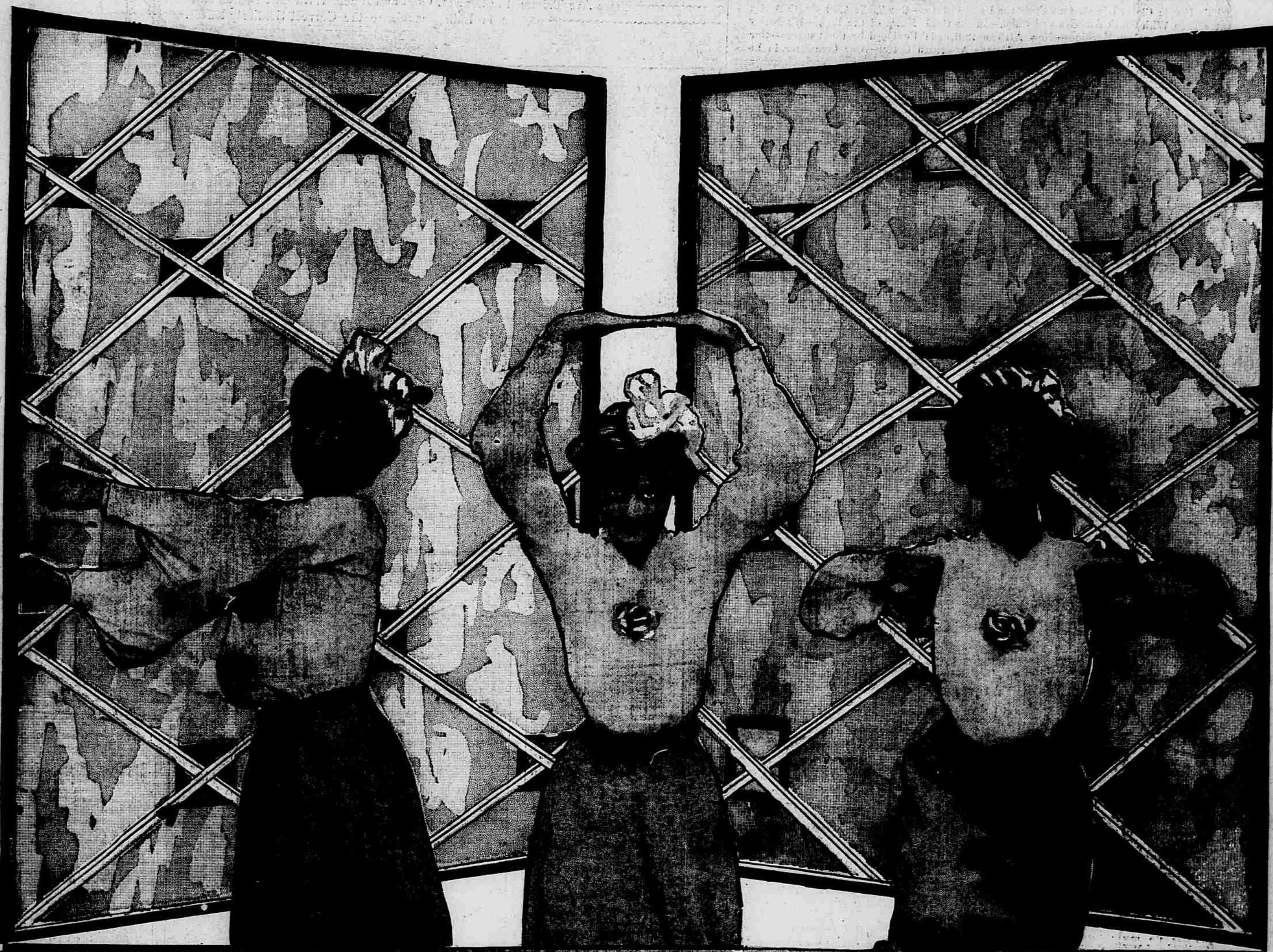


HEALTH-GIVING WINDOW EXERCISES:

BY MARION MARTINEAU

Throw Open the Sash and Let Your Lungs Gain Strength While Your Muscles and Nerves Enjoy the Exhilarating Effect of Fresh Air.



DO THIS UNTIL YOU ARE TIRED

WRITTEN FOR THE SUNDAY REPUBLIC.
No matter how frosty the morning, be sure to get the fresh air.

Let zero approach and Jack Frost fill the pane.

Let snow lie on the ground, and wind sweep the pavement; let come anything that will in the way of weather, but do not fail to get the air.

Of course you must take the air prudently.

The woman who gets out of a warm bed and rushes to the casement to throw wide the window pane is a very foolish woman.

She will surely chill and the result will be a cold or a touch of rheumatism or some kindred ill.

It must be taken as a rule this time of year that the body must not enjoy a sudden change of temperature.

Every effort should be made to keep the body at the same degree of heat and cold.

When you are in the house you can lay aside your wraps. But when you go into the street you should wear a sufficient amount of warm clothing to maintain an equable temperature.

This does not mean bundling up, for, when walking, the body keeps in a glow and often a very little additional clothing will suffice, as long as you keep on the move.

The woman who gets up in the morning should see to it that her room is comfortably warm before rising.

It is best to get up in a hot room which can be immediately cooled as the clothing is put on. This allows the body to keep its proper temperature.

There are no sudden changes.
The morning tubbing is a thing which depends upon the temperature. There are those who cannot take a full bath in the morning, but who can bathe at night; and there are others who are positively invigorated by the morning bath. This is partly a question of habit and partly one of temperament.

The same rule will not apply to all, and, because your sister can do this and that, do not imagine that you can do likewise.

Study yourself and make laws and rules for yourself.

GETTING READY TO EXERCISE.
The woman who is getting ready for a few minutes of physical culture exercises in the open air must dress completely.

She can wrap up if she feels the necessity for doing so.

She must be perfectly warm, yet not too warm; and must be dressed in such a manner that she can draw a full, deep breath.

It is now time for her to go to the window and throw it open.

As soon as she feels the air she must thrust her arms out of the window, and, with clinched fists, must begin to go through a series of calisthenic exercises.

The best exercises to take are the regular ones: arms up; arms down; arms straight out; arms up, fingers touching over the head.

This must be repeated in a few minutes, or as soon as you can draw a deep breath. Arms up; arms down; arms straight out; arms up with the fingers touching over the head. Keep right on

TOUCH THE FINGER TIPS ABOVE THE HEAD



STRENGTHEN THE MUSCLES AT THE OPEN CASEMENT.

TO OPEN THE LUNGS IN THE FRESH AIR

doing this, over and over again, without stopping, as many times as you can.

Fifteen minutes of this exercise will throw you into a deep glow and will redden your cheeks and make you breathless with the exertion. But you will not have an exhausted feeling and the sensation will be one of invigoration rather than otherwise.

In the beginning do not attempt the full fifteen minutes, but be contented with five minutes.

Exercise as hard as ever you can for five long minutes and you will feel ready to stop.

During this time use the arms vigorously and be sure that you are standing directly in the open window.

Deep windows are best for this, for there is a better sweep through the room.

If you feel very vigorous you can add the hip and abdomen exercises, but for the amateur, the arm movements will be quite enough at first.

WHAT NOT TO DO.

The woman who exercises by the open window before breakfast must take care not to do certain things.

She must take care not to begin her exercises directly after bathing. She is apt to chill, and if nothing worse happens, she will at least chafe her face.

The face and the hands should never be wet before going out.

And the woman who exercises before the open window pane should dry her face well and wait fully fifteen minutes before allowing the cold air to play upon it.

Otherwise the action of the air will make it blowy and mottled, chapped and rough.

It is the same with the hands, which should be carefully dried and a little cold cream rubbed into them before they are exposed to the air.

There was once a girl who began taking the open-window exercises.

She was a fat girl, far too fat for beauty, and, since she was short, her excessive fat made her look dumpy.

This girl made it her practice, after dressing, to throw open the window and take a series of calisthenics.

She exercised fifteen full minutes every morning in the air.

And what was the result?

Why, in the course of a few days her fat began to disappear, and in three months it had melted away in some mysterious manner that was as gratifying as it was becoming.

And there was another girl. This girl was awkward and narrow-chested. Wishing to have a wide, full chest, she made it her practice to exercise in front of the window every morning.

And the result was most beautiful. Her chest widened and she grew graceful as her figure became improved.

And there was yet another girl, this one a very pretty girl, who took the exercises in order to keep her beauty.

She was slender as a reed and graceful as a fawn.

In spite of her years of city life, with its indolence and its overheated rooms, she maintained her figure and her beauty.

And if you were to see her to-day, she would tell you that it was all very largely due to the habit which she had formed of exercising in the open air.